

FIG. 1

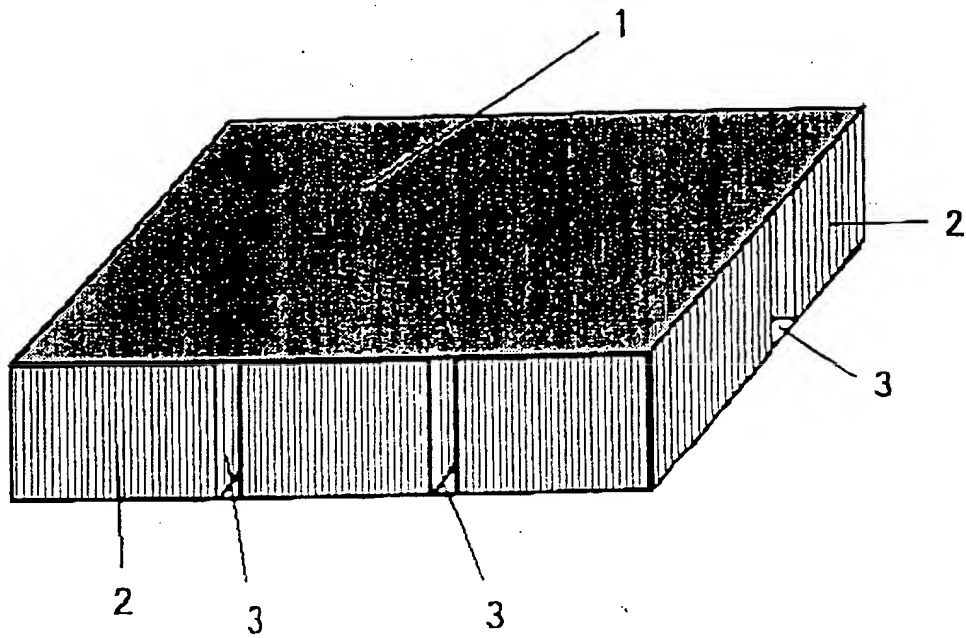


FIG. 2

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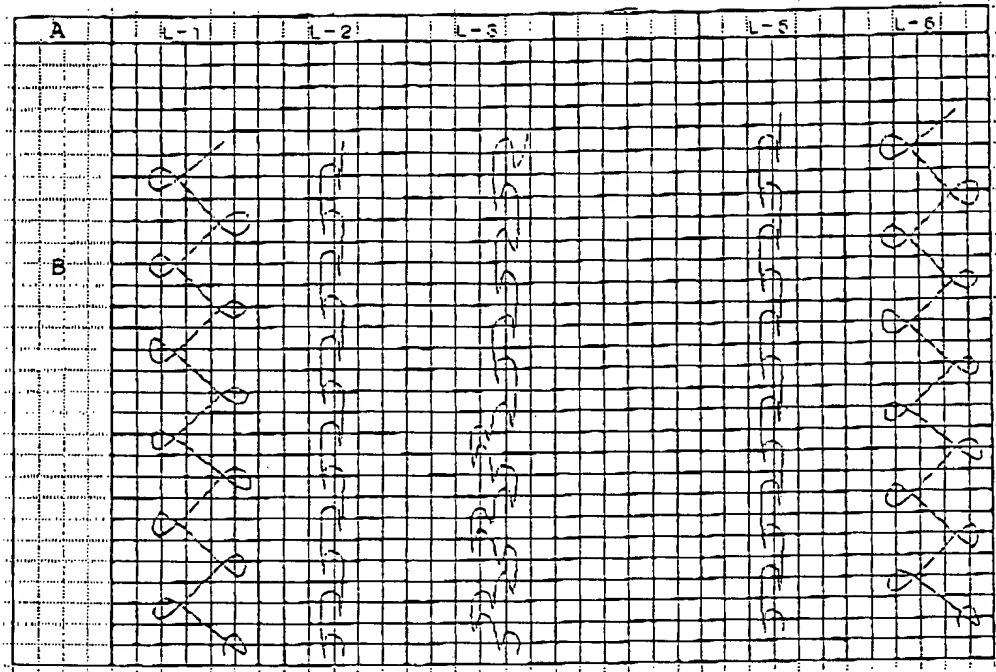


FIG. 3

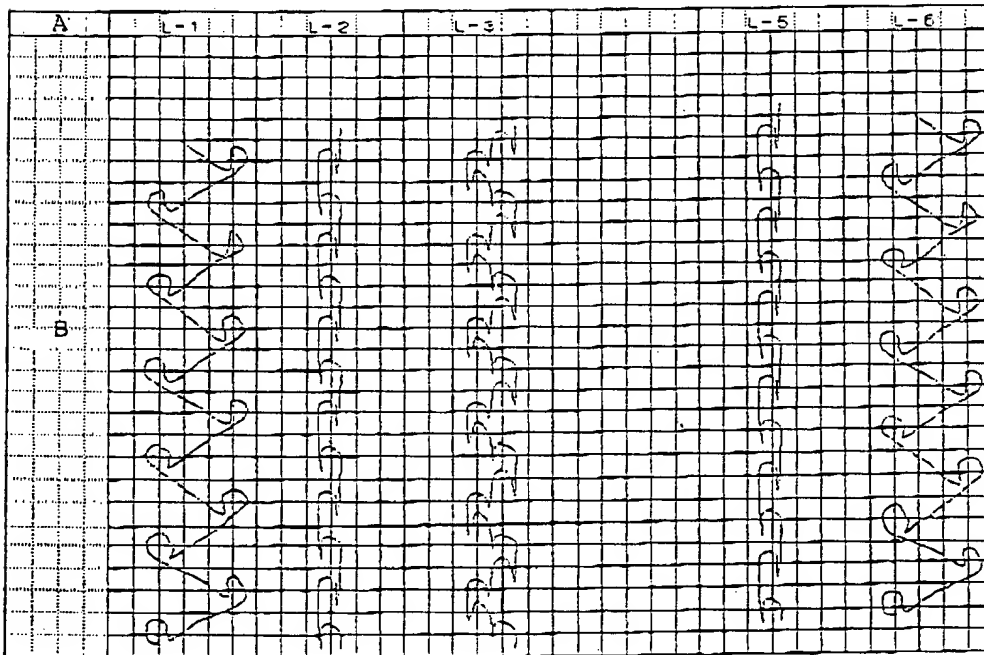
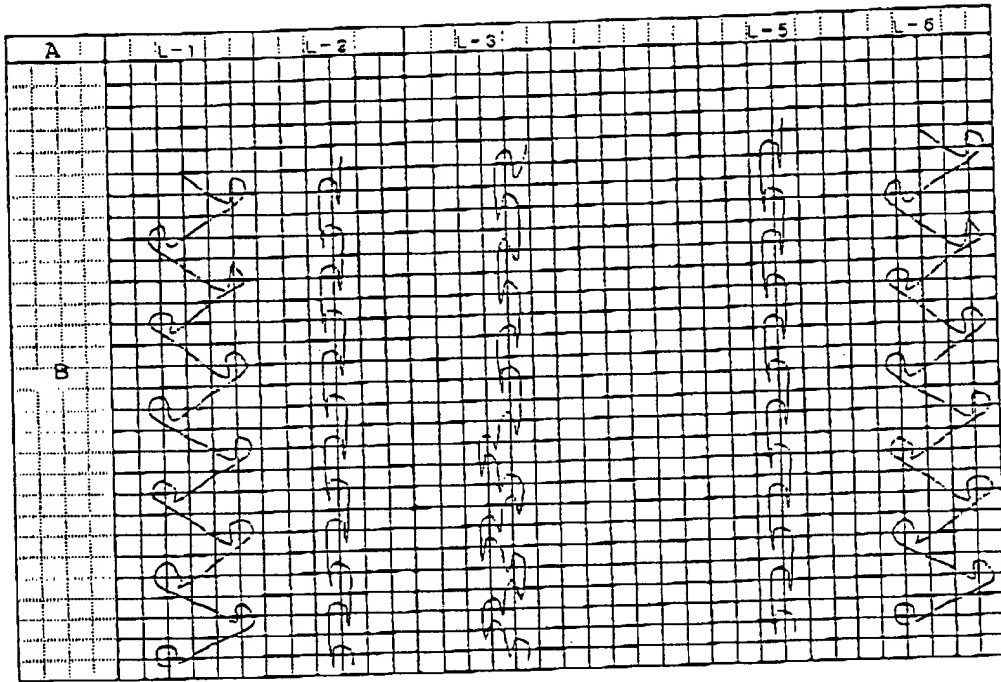


FIG. 4

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Abstract—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and energy expenditure (EE) of sedentary, middle-aged women. The subjects were 15 women, 40 to 50 years of age, who were sedentary and had no cardiovascular or pulmonary disease. They were randomly assigned to a 10-week training program or a control group. The training program consisted of three sessions per week of 30 minutes of moderate-intensity aerobic exercise. The control group continued with their sedentary lifestyle. The HR and EE were measured at rest and during exercise at the beginning and end of the 10-week period. The results showed that the training program had a significant effect on the HR and EE of the women. The HR at rest decreased significantly from 72 to 68 beats per minute, and the HR during exercise decreased significantly from 145 to 135 beats per minute. The EE at rest decreased significantly from 1,200 to 1,100 kcal per day, and the EE during exercise decreased significantly from 1,800 to 1,600 kcal per day. The results suggest that a 10-week training program can improve the cardiovascular and metabolic health of sedentary, middle-aged women.